



# WHEN TO USE A COVID-19 SELF-TEST KIT

\*Please follow the step-by-step instructions and product precautions included with your self-test kit.



**IF YOU HAVE HAD COVID-19 IN THE PAST 90 DAYS, YOU DO NOT NEED TO BE TESTED UNLESS YOU HAVE NEW SYMPTOMS.**



**IF YOU HAVE SYMPTOMS OF COVID-19 SELF-ISOLATE AWAY FROM OTHERS AND GET TESTED AS SOON AS POSSIBLE.**



**IF YOU HAVE BEEN IN CONTACT WITH SOMEONE WITH COVID-19 TAKE YOUR TEST AT LEAST 5 DAYS AFTER EXPOSURE.**

- ▶ If you are NOT up to date on COVID-19 vaccinations, quarantine at home for 5 days. (Scan the QR code below for Guidance for Cases and Contacts.)
- ▶ If you are up to date on COVID-19 vaccinations you will not need to quarantine after being exposed but you should take a test.



**IF YOU DON'T HAVE SYMPTOMS AND HAVE NOT BEEN EXPOSED TO SOMEONE WITH COVID-19, CONSIDER TESTING BEFORE ATTENDING AN INDOOR EVENT OR GATHERING.**

- ▶ Test immediately before the gathering, or as close to the time of the event as possible. Test before spending time with kupuna or those who are at a higher risk for getting very sick, and keiki who cannot get vaccinated yet.

## WHAT TO DO IF YOU TEST POSITIVE FOR COVID-19:



**SELF-ISOLATE AWAY FROM OTHERS FOR 5 DAYS.**

- ▶ (Scan the QR code below for Guidance for Cases and Contacts.)



**WEAR A MASK WHEN YOU NEED TO BE AROUND PEOPLE FOR 10 DAYS.**



**INFORM THOSE WHO NEED TO KNOW, INCLUDING YOUR EMPLOYER/SCHOOL AND ANY CLOSE CONTACTS.**



**MONITOR YOUR SYMPTOMS AND CONTACT YOUR HEALTHCARE PROVIDER IF NECESSARY.**



**POSITIVE SELF-TEST RESULTS DO NOT NEED TO BE REPORTED TO HAWAII DEPARTMENT OF HEALTH.**

## WHAT TO DO IF YOU TEST NEGATIVE FOR COVID-19:



**THERE IS STILL A CHANCE YOU COULD HAVE COVID-19, ESPECIALLY IF YOU HAVE SYMPTOMS OR HAVE BEEN EXPOSED TO SOMEONE WITH COVID-19.**

**CONSIDER REPEATING THE SELF-TEST 1 - 2 DAYS LATER OR SEEK PCR TESTING. TAKING MORE THAN 1 TEST CAN HELP YOU BE SURE THAT YOU DO NOT HAVE COVID-19.**

## ADDITIONAL RESOURCES

- Visit [HawaiiCOVID19.com](https://hawaiiCOVID19.com) for additional guidance.
- [TellYourContacts.org](https://tellyourcontacts.org) – An anonymous way to notify your close contacts of exposure.
- You can reach the Hawai'i State Department of Health at (808) 586-8332 if you have additional questions.
- [AlohaSafe Alert](#) – An app that notifies you if someone you've spent time with reports having COVID-19.
- [COVID.gov/tests](https://www.covid.gov/tests) – Every home in the U.S. is eligible to order 2 sets of 4 free self-test kits.



Scan me for Guidance for Cases and Contacts